

# Cauliflower Fritter

**Season:** Autumn to Spring

**Type:** Main

**Difficulty:** Medium

**Serves:** 30-40 serves

**Recipe Source:** Jodie Sparshott

<b>Equipment:</b>	<b>Ingredients:</b>
<ul style="list-style-type: none"><li>• Knife</li><li>• Chopping Board</li><li>• Mortar and Pestle</li><li>• Large Saucepan</li><li>• Large Mixing Bowl</li><li>• Stick Blender</li><li>• 1 or 2 large baking dishes</li></ul>	<ul style="list-style-type: none"><li>• 800g cauliflower florets (include stalks cut up)</li><li>• 250g frozen peas</li><li>• 300g plain flour</li><li>• 3 eggs + 3 egg whites</li><li>• 2 tablespoons cumin seed</li><li>• 4 tablespoons coriander seed</li><li>• 2 teaspoons turmeric</li><li>• 2 teaspoons salt</li><li>• 2 tablespoons finely chopped parsley</li><li>• Pepper to taste</li><li>• Extra virgin olive oil to cook</li></ul>

## What to Do:

- Bring a large saucepan of water to the boil. Add cauliflower, bring to the boil and cook for 6 mins, add peas and cook for a further 3 minutes.
- Meanwhile smash the coriander and cumin seed in the mortar and pestle, then combine the flour, cumin, coriander, salt and turmeric into a bowl.
- Drain vegetables and transfer into a large bowl. Use a stick blender to mash the cauliflower and peas, leaving it slightly lumpy (you can use a potato masher).
- Add dry ingredients to mashed vegetables. Add eggs and mix to combine.
- Heat oil in a fry pan over medium heat. Cook 1 heaped tablespoon of the mixture for 3-4 minutes each side or until golden brown and cooked through. Transfer to a paper towel lined dish and place in the oven to keep warm until ready to serve.